





Mom made earlier 911 call

Details given before discovery of slain kids didn't warrant unit dispatch: Official

KRISTA SYLVESTER

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The mother of two children allegedly slain by their father made a frantic cellphone call to police a half hour before a second call, but police were never dispatched, according to officials.

Police released the newest development just hours after charges against the father were upgraded to two counts of degree murder during his first court appearance via closed-circuit television.

Steve Dongworth, manager of public safety communications, said the mother expressed concern for her children's safety during an eight-minute phone call in which the dispatcher "followed protocol" in not sending out a unit to the home. "The caller was very emotional, as is usually the case in these check-the-welfare calls," Dongworth said. "Questions were asked

tend," he said, adding they would review the call further but don't believe an error was made.

Shortly after the first call a second call was made, but police only heard a scream and officials said even if officers had been sent the first time, it wouldn't have changed the outcome.

Police Insp. Guy Slater said new information in the case contributed to the upgrade in charges against 43-year-old James Bing Jun Louie, though he couldn't elaborate.

Louie didn't speak at the court appearance as his lawyer, Noel O'Brien, had the matter put for-

ward to Dec. 14 so he can receive more details about the case.

"We're not going to try this case in the media," O'Brien said outside court when asked to comment. "I'm going to wait until I get the facts from the Crown, and, once we get that, we'll make our assessment in respect to his mental competence and things of that nature."

WITH FILES FROM THE CANADIAN PRESS



Flames

Shut the door

Calgary Flames captain Jarome Iginla clears the puck away from the net as goalie Miikka Kiprusoff watches on in second-period NHL hockey action yesterday in Nashville, Tenn. The Flames shut out the Nashville Predators 5-o. Story, page 18

> MARK HUMPHREY/ THE ASSOCIATED PRESS

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News on the Maye

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Canada pg 6

Lindhout tried to escape, firm says



Edmonton unveils bid for 2017 Expo

FAIR Edmonton Mayor Stephen Mandel has vowed his city will be Canada's home to celebrate the country's 150th birthday for three months come 2017 — but only if Alberta's capital is successful in landing the \$2.3-billion World Expo.

po.
"It's going to be a big party, not just for 90 days, but through the whole year throughout our province," Mandel said yesterday.

Those plans include hosting the world's fair at two locations within

Edmonton, with the main site located at the University of Alberta's south campus.

Edmonton's bid committee chair, Tony Franceschini, said the event will attract 5.3 million visitors and generate \$818 million in government tax revenue.

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Local



Guilty plea in drunk driving case

driving causing death, stemming from a hit and run incident in April of last year in Bridlewood that left Linda Davey dead, and her 15-year-old son with serious injuries. Darren Coupal, 42, will be out on bail until his sentencing, expected in February.



Landlords plead guilty after fire

DEATHS Two landlords of a northwest house where three people perished in a house fire earlier this year entered guilty pleas in relation to numerous safety code and Public Health violations Akif and Bushra Amin were charged when a house fire in the

Parkdale home killed two 19-year-olds and a 23-yearold. One person survived the fire. The pair face over \$89,000 in fines.

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Calgary tweets

wondering how the roads in #yyc are right now...gotta go home eventually

• @TeiraMarie When I was walking to the bus stop today I just about got blown away by the wind and snow. Very wizard of oz, but with snow and death. #yyc

• @sprusina Outstanding game from the Calgary Flames tonight against Nashville. They've now won 3 straight in their most complete effort of the year.

City switches tactics Metroprews.ca

Crews tackled yesterday's snow with an old variety of salt

KRISTA SYLVESTER
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Attempting to avoid another slippery situation on the city's roads had crews out by noon yesterday applying a type of salt they haven't used in three years, according to transportation officials.

Transportation department spokesperson Sean Somers said Friday was "ill-timing" and believed crews were in a better position to avoid the chaos that greeted commuters on their drive home this time around.

"The roads and drives home should be in much smoother condition. Nobody knew the storm would hit that fast and furious Friday. Today we are prepared."

While crews would later apply a 50-50 mixture of salt and sand, Somers said crews were first applying a moist salt that should stick to the ground.

"We haven't used it for three years, but we're hoping it sticks to the ground. We're constantly making adjustments and changing



Steve Burkinshaw was out in full force on Elbow Drive, getting at the snow before it settles in. City crews were also out ahead of yesterday's storm hoping to keep the city's roads safe for commuters.

Somers said crews were concentrating on known trouble spots — especially those that hindered motorists for up to five hours on some roads — to avoid a similar situation.

Crystal Mathers, 29, said she was stuck on the city's roads on Friday for five hours, and was worried it would happen again with last night's snowfall of up

"I was stuck in traffic and on the roads for so long I ran out of gas. I had to walk and get gas and it was just terrible. I don't want to go through that again," she said.

Council looks to help grow local fo

DARREN KRAUSE darren.krause@metronews.ca

REPORT A food policy report is on the menu after its approval late last night at city council.

Aldermen Joe Ceci and Bob Hawkesworth brought forth the notice of motion for city administration to identify how the city can play a role in the cultivation of a local food system.

Ceci and Hawkesworth cited the long range sustainability of Calgary's food source and how the city and its community partners can take an active role in building and delivering a stable and predictable food source, others on council weren't as convinced.

Ward 12 Ald. Ric McIver

amended the main motion to limit the City of Calgary's role in developing the food policy and how it takes shape in the city, echoing the same senti-ment as other aldermen, that food and food production is a provincial and federal jurisdiction.

Other alderman, including Ward 6 Ald. Joe Connelly, questioned the validity of pursuing local food sources in an area with such a short growing sea-

"There's a reason they don't grow bananas in Airdrie," he quipped.

McIver's amendment passed, and council passed the amended motion, requiring an administration report back to them no later than June 2010.

Blogs Sexcetera marks World AIDS Day with some sobering statistics about the disease's impact on Canadians



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Home challenge contestants now playing waiting game

KRISTA SYLVESTER

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The suspense is killing

The Mooney family vs. the McCarty family — who is going to take "home" the home they built, mortgage free?

Even host Elissa Landsell was kept in the dark who would win the My Rona Home challenge finale taped in Calgary yesterday afternoon after months of the two families going head-to-head in building their dream home.

"It is beyond exciting. Everybody is asking me if I know and of course I don't — I couldn't be trusted with that kind of secret," Landsell joked before the taping.

While the finale won't be aired until Dec. 6 on Cityty, both families were kept in the dark on who won the show until the very end — and it was all up to the viewers.

Yellow team Nicola, 32,



Blue team Krystle Cottrell and Vernon McCarty, with Yellow team James and Nicola Mooney all stand on set and in front of their great prizes for the final taping of the reality show My Rona Home. The winners will be announced next week.

and James Mooney, 34, said if they won they would enjoy a nice Christmas dinner with their two children in their new home.

"It's anybody's game still

and out of our control so we're just waiting and waiting," Nicole said.

For the blue team, Krystle Cottrell, 24, and Vernon McCarty, 25, said they would take things easy if

they won and decide what to do next.

"Just the chance to be in a house that could potentially be ours has been the most exciting experience," Vernon said.



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Man in critical condition after breaking in to Hydro-Quebec plant A would-be thief is in critical condition after getting electrocuted while trying to snatch copper wires from a Hydro-Quebec distribution station. THE CANADIAN PRESS

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Canada

Lindhout tried to flee captors: Firm

Canadian Amanda Lindhout's days while held captive in Somalia got darker after a foiled escape attempt in which she and a fellow hostage fled to the steps of a mosque before being recaptured, says a man hired to help negotiate her freedom.

Lindhout and Australian Nigel Brennan were held together in relative comfort before they loosened the bricks in the walls that held them early one morning in January, says John Chase of the U.K. hostage negotiation group AKE.

The two slipped out and made a dash for freedom. reaching a nearby mosque before their captors caught them again, he says.

"Some people were too scared to help them and the gang caught up with them. There was actually a story of some people trying to help them that got beaten down and they got recaptured," Chase said in an interview with The

Canadian Press from London. "From that point on, things got a lot worse for them. They were shackled (and) kept in separate rooms."

Rumours were spread by the kidnappers and others about the journalists after they were snatched by armed gunmen in a lawless area south of Mogadishu in August 2008.

The pair were released last week after 15 months in captivity after a ransom was paid. THE CANADIAN PRESS

Weather Record-high November



Flowers are still in bloom on Millwood Road in Toronto's Leaside neighbourhood. This past month marks the first time in over 160 years that it has not snowed in the city during the month of November.

Immigrants may be given OK for their credentials sooner

Foreign-trained workers will be told within one year of applying whether their credentials will be accepted in Canada under a framework announced yesterday that opposition critics argued doesn't address systemic barriers to immigrants.

While the Liberals and New Democrats highlighted what they called deficiencies in the scheme, at least one stakeholder group lauded the Conservative plan on foreign credentials.

Beginning Dec. 31, 2010, foreign-trained architects, engineers, pharmacists,

physio and occupational therapists and registered nurses will be among the groups that fall under the framework.

Doctors and others are slated to be included in the one-year timetable by the end of 2012.

THE CANADIAN PRESS

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While many companies rush to trim payrolls, Google woos job-seeking Canadians, who they say are among he world's "most engaged" surfer Scan this barcode for the full story

Critics in torture case don't support troops, Tories say

TORTURE The Harper government is calling in the troops in an effort to smother outcries over treatment of Afghan detainees. The Tories vesterday accused critics of maligning Canada's soldiers, prompting an immediate counter-attack.

Liberal Leader Michael Ignatieff called it a "disinformation campaign" and accused the government of "hiding behind our soldiers," while NDP Leader Jack Layton accused the Conservatives of "trying to change the channel.

THE CANADIAN PRESS

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Earth facing climate change crisis: Survey

Most Canadians think climate change is the planet's defining crisis, a new poll suggests.

But the survey also indicates that nearly two-thirds of those surveyed think humans will be able to adapt to it, and about half believe the money Canada spends on climate change would be better spent on health care and national debt.

The Harris-Decima poll reflects the dichotomy among Canadians who have long put environmental issues at or near the top

women who agree that "Climate change is mankind's defining crisis, and demands a commensurate response" versus 63 per cent of men.

of their concerns while balking at the economic adjustment that would be required to attain environmental goals.

The survey results also provide a vivid example of the regional differences of opinion on the environ-

The belief that climate change is the Earth's defining crisis is held most strongly in Quebec and less so in the Prairies.

The poll asked Canadians if they agreed or disagreed that: "Climate change is mankind's defining crisis, and demands a

commensurate response." Nearly two thirds of Canadians agreed while 31 per cent disagreed. The rest had no opinion. The online poll of 1,009 Canadians was conducted Nov. 12 to 15. THE CANADIAN PRESS



British Columbia Bodies identified in plane crash



An RCMP dive team works on Lyall Harbour at Saturna Island, B.C., yesterday. The bodies of six people, including a Vancouver doctor and her six-month-old baby, were identified yesterday as the victims of a Seair Seaplanes flight. The plane crashed shortly after takeoff from Saturna Island on Sunday. The pilot and a female passenger were rescued from frigid waters by locals.

Recession taking heat off rail strike

CN STRIKE The recession has taken some of the sting out of a strike by Canadian National Railway locomotive engineers as transportation demand is far below where it was during a similar dispute two years ago, industry analysts said yesterday.

Canada's largest rail operator is running smaller and fewer trains as shipping volumes are lower in 2007 when it endured a two-month strike by conductors.

The federal government

introduced legislation yesterday that could be passed within days that would or-der 1,700 unionized employees back to work and send the dispute to binding arbitration, citing the still-fragile economy.

THE CANADIAN PRESS

Canadian businessman denies role in deadly Mumbai attacks

BOMBING A Pakistani-born Canadian businessman is denying he had anything to do with last year's Mumbai attacks that killed 166

His lawyer, Patrick Blegen, says Tahawwur Rana "categorically denies involvement in the tragic events in Mumbai of Nov. 26, 2008."

In a statement Blegen adds his client, who is scheduled to appear for a bail hearing in Chicago tomorrow, harbours no ill will against the people of India and continues to have close family ties to the country.

The FBI reportedly is probing whether Rana and American David Headley were involved in the Mumbai attacks but neither has been charged in the bombings. The FBI alleges the two were part of a conspiracy to attack a Danish newspaper that drew the wrath of Muslims the world over in 2005 when it published cartoons of the Prophet Muhammad.

Those allegations saw Rana arrested on Oct. 18 in Chicago and charged with one count of conspiracy to provide material support to a foreign terrorism con-THE CANADIAN PRESS spiracy.

Elephant herd's matriarch dies

TORONTO ZOO Officials at the Toronto Zoo say staff who worked with Tara the elephant are devastated after the animal described as the matriarch of the zoo's elephant herd died unexpectedly at age 41.

Tara was found lying down yesterday morning and staff could not get the 3,855-kilogram animal back on her feet. They say Tara had not exhibited any recent signs of ill health, and that a post-mortem will be conducted to determine a cause of death.

The average lifespan of elephants in captivity is 40 to 45 years.

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Motorized bar stool involved in DUI up for sale

A motorized bar stool that got an Ohio man arrested for drunken driving goes up for auction this week on eBay. Twenty-nine-year-old Kile Wygle was charged with driving under the influence after he crashed the contraption in March in Newark, Ohio. THE ASSOCIATED PRESS

World



Chelsea Clinton gets engaged

Chelsea Clinton, left, the 29-year old daughter of former president Bill Clinton and Secretary of State Hillary Rodham Clinton, has become engaged to her longtime boyfriend, investment banker Marc Mezvinsky. The couple sent an email to friends Friday announcing the news. They said they were looking at a possible wedding next summer. Matt McKenna, a spokesman for the former president, confirmed the engagement yesterday.

Obama wants troop surge

U.S. president set to outline plan for war in Afghanistan

Barack Obama has begun one of the toughest sales jobs of his presidency, launching the much-awaited rollout of his new Afghan war strategy by informing top U.S. military and civilian advisers in Washington and Kabul and telephoning key allies around the globe.

Obama is outlining his decision to an increasingly skeptical U.S. public tonight in a nationally broadcast television address from the U.S. Military Academy. The strategy will include deploying thousands more American forces to Afghanistan,

Partnership with Pakistan

• Another facet of Obama's plan appears to be an expanded partnership with Pakistan as part of U.S. pressure on that

clarifying why the U.S. is fighting the war and laying out a path toward disengagement.

In his speech, Obama was expected to announce an increase of up to 35,000 more U.S. forces to defeat the Taliban-led insurgency and stabilize a weak Afghan government. The escalation, which would take

country's shaky government to do more to root out extremists based along Pakistan's borders with Afghanistan.

place over the next year, would put more than 100,000 American troops in Afghanistan at an annual cost of about \$75 billion.

Obama is also expected to outline an exit strategy for the war.

He first told Secretary of State Hillary Rodham Clinton his decision by phone on Sunday, and then informed other key administration advisers such as Defence Secretary Robert Gates in an Oval Office meeting.

It was at that time, said spokesman Robert Gibbs, that Obama's order for the military to go ahead with the new deployments became official. The goal of the president's revamped approach is to train Afghan security forces to eventually take over from the U.S., and Obama will say today that he does not intend to allow an open-ended U.S. commitment, the spokesman said.

Seychelles Pirates nabbed



Portuguese naval marines guard a group of Somali pirates, during a joint operation with Seychelles and EU forces in the Somali Basin, off the Seychelles, on Sunday.

News in brief

TRIAL A German court put John Demjanjuk on trial yesterday to face charges of being an accessory to the murder of 27,900 Jews at a Nazi death camp, and his lawyer immediately accused the court of bias.

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Manhunt on in U.S. police shooting

washington A special tactics police team stormed a house yesterday where they thought they had cornered for hours a man suspected of killing four police officers at a coffee shop, only to find that he wasn't there.

The discovery added new urgency to the manhunt for Maurice Clemmons as police canvassed the neighbourhood with search dogs and hundreds of officers were deployed around Seattle for any sign of the suspect. Authorities put up a \$125,000 reward for information leading to his arrest.

Authorities allege he

Authorities allege he killed Sgt. Mark Renninger, 39, and officers Ronald Owens, 37, Tina Griswold, 40, and Greg Richards, 42.

THE ASSOCIATED PRESS

Former guerilla wins Uruguay vote

ELECTION President-elect Jose Mujica retreated to his flower farm and shunned the spotlight yesterday, saying that dumping more talk on Uruguayans after a

speech-filled campaign "would be like raining on what is already wet."

Congratulations poured in from across Latin America for the former guerrilla whose homespun manner and

vows to govern as a conciliator persuaded his nation to trust him with its democracy.

Mujica won 53 per cent of Sunday's vote to 43 per cent for former president Luis A. Lacalle.

His victory owes much to the popularity of outgoing socialist President Tabare Vazquez, a physician whose 2005 victory ended 150 years of rule by right-wing parties or the military. Vazquez's coalition chose

Mujica to run for the single-term presiden-

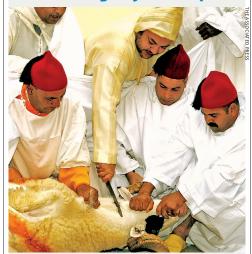
Luiz Inacio Lula da Silva, who rose from leftist union chief to govern as a centrist in neighbouring Brazil, praised his "dear friend" and

predicted that Mujica will advance the cause of creating a more just socie-

ty.
Venezuela's Hugo
Chavez, however, may have
touched some sore nerves
with his message, praising
the guerrilla past that Mujica assured Uruguayans he
had put behind him.

THE ASSOCIATED PRESS

Morocco King slays a sheep



Morocco's King Mohammed VI, centre, slays a sheep in accordance with Muslim tradition for the Eid al-Adha feast, in Fez, Morocco, on Saturday. Eid al-Adha is a holiday celebrated by Muslims to commemorate the willingness of Abraham to sacrifice his son as an act of obedience to God.

Arrests made for Ginger Day prank

CALIFORNIA Three boys have been arrested for investigation of bullying redhaired students after a Facebook message promoted "Kick a Ginger Day" at a Southern California school.

Los Angeles County sheriff's spokesman Steve Whitmore said Monday that two 12-year-olds were arrested for suspicion of misdemeanour battery, and a 13-year-old was booked for misdemeanour cyberbullying.

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Video showing Romania's president allegedly punching a child has dominated that country's national election campaign. Scan this barcode for the full story.

Questions dog Tiger Cop who used stun gun on 10-year-old fired

World's top golfer drops out of tournament he hosts

Tiger Woods still isn't talking. Now he's not playing, either.

Woods withdrew yesterday from his own golf tournament, citing injuries from a car crash near his Florida home. His decision comes as questions continue to mount regarding what exactly happened in the wee hours of the morning last Friday — questions that most certainly would have been asked of him had he played.

The world's No. 1 golfer posted a statement on his website saying that unspecified injuries prevented him from playing in the Chevron World Challenge. He had been scheduled to hold a press conference today for the tournament, which he hosts annually for a small, invited, field.

"I am extremely disappointed that I will not be



In this June 11, 2009 file photo. Elin Nordearen talks to her husband, golfer Tiger Woods during the first quarter of Game 4 of the NBA basketball finals in Orlando, Fla.

at my tournament this week," Woods said. "I am certain it will be an outstanding event and I'm very sorry that I can't be there.

Tournament officials said fans who bought advance tickets with the hope of seeing Woods could get refunds beginning next week. Those who keep their tickets will get a 20 per cent discount when they buy them next year.

Woods sustained cuts and bruises when he crashed his SUV into a fire hydrant and a tree at 2:25 a.m., outside his home in an exclusive, gated community near Orlando. He was treated and released from a hospital, and has not been seen in public

By skipping the tournament, Woods will escape having to face TV cameras and a horde of media seeking more details about the smashup. Woods hasn't answered

questions from Florida troopers, either, turning them down three days in a row when they came to his house.

Four cars were parked in Woods' driveway yesterday, but no lights appeared to be on inside. A new fire hydrant had already replaced the one that Woods plowed into.

THE ASSOCIATED PRESS

ARKANSAS The police officer in a small Arkansas town who used a stun gun on an unruly 10-year-old girl has been fired for violating department policy — not for using the Taser itself but for failing to use the camera attached to it, according to the town's mayor.

Özark Mayor Vernon Mc-Daniel said he received notice of Officer Dustin Bradshaw's firing yesterday morning. Bradshaw previ-ously was suspended for seven days with pay. His termination was effective Friday

"The policy that Officer

Bradshaw failed to obev is failure to have his camera placed on his Taser," police Chief Jim Noggle wrote in a memo to McDaniel. "It is the officer's duty to insure all of his equipment is present and in working order."

A phone listing for Bradshaw couldn't immediately be found yesterday. The mayor said Bradshaw would receive unpaid vacation and holiday time.

The girl, who hasn't been identified, wasn't injured. She was taken to the Western Arkansas Youth Shelter in Cecil

THE ASSOCIATED PRESS

News in brief

AUTISM The first rigorous study of behaviour treatment in autistic children as young as 18 months found two years of therapy can vastly improve symptoms, often resulting in a milder diagnosis.

BAD SEX A cringe-inducing

passage from American author Jonathan Littell's book The Kindly Ones which compares a sexual encounter to battle with an one-eved mythological monster was awarded Britain's Bad Sex in Fiction Prize yester-THE ASSOCIATED PRESS

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\$77M bond put on Pinochet's widow

judge has ordered the widow of Augusto Pinochet, his former lawyer and two bankers to post a \$77-million bond while he investigates allegations they laundered money for the late Chilean dictator while he was in power, according to a court document released yesterday.

The order came from Judge Baltasar Garzon, who is best known for having Pinochet arrested in London in 1998 and trying, ultimately in vain, to put him on trial in Spain on terrorism, torture and other charges.

The money probe stems from that original case and was instigated at the request of a human rights foundation that works to pay compensation to vic-

Died in 2006

 Augusto Pinochet died in Chile in 2006, without having stood trial for abuses during his 1973-90 dictatorship.

tims of the Pinochet regime.

Garzon wrote that the bond is to "cover whatever financial liabilities might arise" in his probe of the widow, Maria Lucia Hiriart Rodriguez, and the other three suspects.

The former lawyer is named in the five-page court order as Oscar Custodio Aitken Lavanchy.

The bankers, who work for Banco de Chile, are named as Pablo Granifo Lavin and Hernan Donoso

THE ASSOCIATED PRESS

HIV/AIDS Bono, Drogba "Lace Up Save Lives"



Soccer player Didier Drogba, left, and Irish musician Bono pose for a photograph at the announcement of the partnership between Nike and Red, in London, yesterday. "Lace Up Save Lives" is a partnership to help fight HIV/AIDS in Africa.

Army rapist challenges U.S. law

APPEAL A former U.S. Army soldier who raped a girl and killed her and three family members in Iraq challenged his convictions yesterday, saying he was wrongly tried in a civilian court and should have faced a military trial.

In a 71-page appeal filed with the U.S. 6th Circuit Court of Appeals, attorneys for Steven Dale Green are seeking to have the law used to prosecute him the Military Extraterritorial Jurisdiction Act overturned.

The law allows the federal government to try former soldiers, their spouses and contractors in civilian courts for crimes that happened overseas.

Green is serving a life prison sentence without parole. THE ASSOCIATED PRESS 10 world

Police nab alleged Christmas-hating thief

Ohio Police have arrested a man who they say swiped a Salvation Army holiday fundraising kettle full of donated money and pushed one of the Christian charity's bell ringers to the ground, saying he hated Christmas. THE ASSOCIATED PRESS

Flu vaccine hype brings marital dispute to court

An estranged couple whose case was in family court yesterday may be on the cutting edge of marital disputes. The issue: Whether their healthy, school-age daughter will be given the swine flu vac-

Dad says yes; Mom says

Flu Outbreak

no. Barring a last-minute agreement, a judge on the island of Jersey will decide.

"I have independently researched the vaccine and I not convinced it is proved safe," the child's mother told The Associated "I feel it has been rushed through so quickly, extreme circumstances, and I don't want my daughter exposed to it unless there are long-term studies."

The mother, whose name

cannot be released for legal reasons, said she is worried about possible long-range health problems that may develop far in the future, but she said her former partner insists their nineyear-old daughter get the vaccine, which is being offered to Jersey children on a

Safety first

• WHO officials insist the vac-

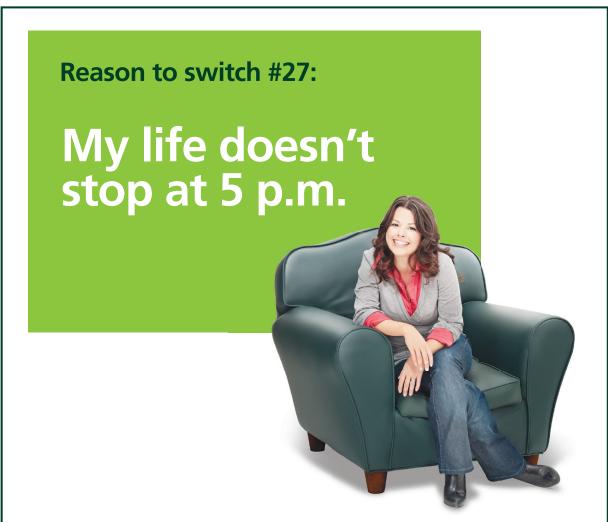
production, is safe, including

voluntary basis.

The swine flu vaccine question is relatively new, but lawyers and psycholo-

gists say it is common for couples to have strong disagreements on health-care

THE ASSOCIATED PRESS



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Police release sketch of possible suspect in Russian train bombing

ATTACK Police released a composite sketch yesterday of a man thought to be involved in a train bombing that killed 26 people, and a railway official suggested the attack had the hallmarks of terrorists from the volatile North

Authorities say Friday night's derailment of a train speeding from Moscow to St. Petersburg was caused by a bomb planted on the tracks.

The blast gouged out a 1.5 metre crater and sent the final three carriages of the 14-car Nevsky Express hurtling off the rails.

A second explosive device partially detonated at the crash site Saturday as railway workers were clearing debris.

Terrorism has been a major concern in Russia since the 1991 collapse of the Soviet Union, as Chechen rebels have clashed with government forces in two wars and Islamist separatists continue to target law enforcement officials.

A high-level official of the state-run railroad company official suggested militants from North Caucasus were likely behind the attack, citing the second explosion that he said was a hallmark of the insurgents.

THE ASSOCIATED PRESS

News in brie

WAR British Prime Minister Gordon Brown said yesterday that 500 extra U.K. troops will arrive in southern Afghanistan next month, ahead of video conference talks with President Barack Obama on U.S. plans to send reinforcements. Brown said that additional British forces will arrive early next month in Afghanistan's Helmand province, increasing Britain's troop numbers in Afghanistan to about 10,000 THE ASSOCIATED PRESS

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Comment

Demagogic patriot games

Do Tories have something to hide over Afghan detainees?



ne of the leading rules of politics is to keep it simple. Reduce complex issues down to elementary terms that all earthlings, no matter what their degree of cranial endowment, can understand.

American Republicans have been especially good at this tactic. Most notably on the subject of the military they have often played the patriot card effectively. Ronald Reagan made a career out of it.

This may help explain why the Harper Conservatives have been going that route on the Afghan detainee file. Their pitch? If believe Richard Colvin on detainee torture, vou're either a Taliban supporter or guilty of not support-

ing our "The Tories have troops. This line of no monopoly on reasoning, patriotism. know, is intel- Opposition MPs are lectually in- VOcas and The the military." in- vocal supporters of

monopoly on patriotism. Opposition MPs are vocal supporters of the military. Military men and women are human, make mistakes like everybody else and should be subject to questions like everyone else.

But this didn't stop Stephen Harper from telling naval officers in Port of Spain on Sunday that some in the political arena have been "throwing the most serious of allegations at our men and women in uniform based on the most

flimsy of evidence." Despite ingrates, Canadians "are proud of you and stand behind you and I am proud of you and I stand behind

> Liberal Leader Michael natieff quick, as he should have been, to hit back, saying

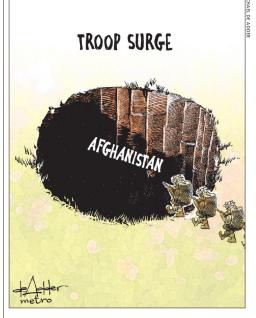
the innuendo suggesting Liberals were not behind the forces was beneath the office of the prime minister. The PM didn't show up in the Commons to answer questions yesterday. But stand-in John Baird was full of rage because Liberal MP Ujall Dosanjh had dared to criticize a former Canadian general's testimony on the Afghan matter.

What the Tories are doing with their militarization of the country, said Keith Martin, the Liberal MP who used to sit with the Alliance party, is build the military men into heroes and then demolish anyone who dares breathe an unfavourable word.

On the detainees question we don't know which side is correct. The Conservatives are hunkering down. They are not releasing results of Canadian military police investigations in Afghanistan. They've stonewalled the Canadian Military Police Complaints Commission on the issue. They declare important correspondence off limits because of national securi-

This gives the impression they have something to hide on this file. It may well be the reason why they are playing their demagogic patriot game. It's the best card they've got.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



Worth mentioning

World's largest atom smasher breaks record

Phenomena

· Physicists hope this will

help them understand sus-

pected phenomena such as

dark matter, antimatter and

supersymmetry and, ulti-

mately, the creation of the

universe billions of years

The world's largest atom smasher broke the world record for proton accelera-

yestertion day. firing particle beams with 20 per cent more power than the American lab that previously held the record.

The power of the Large Hadron Collider's proton beams is essential to the project's ulti-mate goal: Smashing particles into each other with enough force to shatter them into the smallest building blocks of matter.

ago.

The early morning test continues a recent sequence of successes that

have elated scientists who were disappointed by the \$10-billion machine's col-

lapse last year during its opening in a 27-kilometre tunnel under the Swiss-French border. breakdown required extensive

pairs and im-

provements.

The collider fired two particle beams at 1.18 trillion electron volts early yesterday, surpassing the previous high of 0.98 1 TeV held by the Chicago-area Fermilab since 2001, according to the European Organization for Nuclear Re-THE ASSOCIATED PRESS search.

Views

Why gold might not pan out in long term



Gold frenzies are great for journalists because they provide lots of colour, and I'm not just talking about bullion's natural lustre.

In 1980, when gold was heading for \$850 US an ounce, small investors panicked at the thought of rampant inflation following the second OPEC oil price shock. Like today's flu shot seekers, they formed long lines to buy one-ounce gold wafers as a financial immunization against future uncertainty.

This time around, the

fear is playing out differently. Investors small and large are buying gold alright they've driven its value up more than 30 per cent this year to slightly less than \$1,200 US an ounce — but many are having trouble storing it. In the U.S., HSBC Bank has told retail customers to take their coins and bullion elsewhere because it needs the vault for institutional room clients. This has occasioned a vast migration of armoured trucks as hoarders seek new hiding places that will be safer than their mat-

Gold may have limited practical uses, but it's been a preferred refuge of value for close to six millennia. And these days, it has a lot going for it, starting with the worldwide uncertainty based on the faltering U.S. economy and dollar. Fears about the potential for inflation resulting from fiscal stimulus and government bailouts drive people to buy gold. Investment funds are reportedly heavily into the

The fact that central banks in places like India are adding to bullion reserves puts upward pressure on the price. So does news like the recent announcement that U.S. hedge fund manager John Paulson is launching a new gold fund. No wonder mines from Australia to South Africa are cranking up production.

enthusiasts aren't hard-core gold bugs should remember that the price of this most precious of metals won't always outperform other investments, chiefly stocks. Historically,

these two asset classes seem to alternate as investor favourites, with stocks rising when gold is in relative decline and vice versa. For verification, check

the record of the Dow/Gold Ratio — the ratio of the Dow Jones Industrial Average index divided by the price of an ounce of gold. In the short and sometimes medium term, you might be better off investing in one rather than the other. Yet sensible investors will make a habit of diversifying, making gold or gold equivalents like mining shares part of a balanced portfolio that, over the course of a lifetime, will provide solid growth and sound slumber.

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WHAT YOU'RE Thinking

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NS Power gets go-ahead for wind farm

Nova Scotia Power has been given in the go-ahead to build a \$120million wind farm in Colchester County. THE CANADIAN PRESS

Business

Economy makes third-quarter gains

Growth still under Bank of Canada's predictions

Canada's economy inched ahead in the third quarter, meekly heralding an end to the recession and the start of what is predicted to be slow and laborious

Statistics Canada reported yesterday that real gross domestic product, an inflation-adjusted measure of the economic growth, expanded at an annualized rate of 0.4 per cent in the third quarter. That was below the Bank of Canada's two per cent growth pre-diction for the quarter, and economist's expectations for an annualized growth rate of 0.6 per cent, according to CIBC World Mar-

Demand

• The agency said final domestic demand advanced 1.2 per cent during the quarter, as capital investment and personal spending both increased.

The first overall economic growth in a year marks an end to the recession, which is defined as at least two back-to-back quarters of contraction. By comparison, the American economy registered growth of 2.8 per cent during the same period, the agency

"We've certainly been slowest out of the gate to economic recovery relative to most of the other major economies," said Avery Shenfeld, chief economist at CIBC World Markets.

"The only plus side here, is that the third quarter ended on a strong note with a healthy GDP gain in September, and that does give us hope that we'll see much better growth for

the fourth quarter."

Real GDP — economic growth adjusted for inflation — was up 0.4 per cent in September, the final month of the quarter.

THE CANADIAN PRESS

Dubai Fallout concerns



The Burj Dubai, the worlds tallest building is seen in the background in the Business Bay district in Dubai, United Arab Emirates vesterday. Concerns about the fallout from the debt crisis in Dubai limited gains on the Toronto stock market.

Forum to be held on TV's future

BROADCASTING Canadians are getting a chance to share their views about the future of television on a special government website set up by the federal broadcast regulator.

The CRTC is looking at various options to determine the value of TV signals, a bone of contention between conventional television broadcasters and the cable and satellite companies that distribute their signals.

The two sides of the argument have waged a high-profile advertising campaign for weeks against each other.

But the high-stakes battle has been waged at the regulatory and political level for years, with each side claiming they have Canadians' best interests at heart. The broadcasters say local television programming could die in THE CANADIAN PRESS

Business in brief

MEDIA CONTENT There's an intriguing idea floating around the media: Microsoft Corp. wants to undercut Google so badly in Internet search that it might pay newspapers to withhold their content from Google. Just don't count on

that turning into a lucrative plan for newspapers. The strategy faces stumbling blocks: Microsoft is unlikely to fund a Google boycott, according to people familiar with Microsoft's discussions.

THE CANADIAN PRESS

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14 business

Lack of funds holding back TFSA contributions, poll finds

An RBC Financial Priorities Poll found that while most Canadians (71 per cent) are aware of the Tax Free Savings Account (TFSA), three-quarters (76 per cent) have not yet opened a TFSA with a lack of funds and knowledge being key reasons. METRO NEWS SERVICES

Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA



Blips are buying opportunities

Dubai sneezes and the world catches a cold! Countries today are so close with each other that even if a smaller place like Dubai has a problem with

their debt, it can affect stock markets all around the world.

Investors once again have called into question the strength and stability of the world's markets. The worry being that if Dubai has to default on their debts with major international banks, could this trigger another major financial meltdown?

These types of world crisis, that spring up on a regular basis and spook the international community needs to be looked at dif-

ferently than if you had a major crisis close to home. Investors should ask themselves, is this the type of crisis that can linger on for a longer period of time, or is this a one-time event that will gradually work itself out. If this is more of a one-time

event that will work itself out in a short sectors of period of the market time then that have pullbacks in the very little stock mar- to do with ket due to **Dubai** something like the seemed to Dubai an- sell off in nouncesympathy ment should be with the looked at overall as a buying opportunity. Many tone. sectors of These
the market
that have sectors are very little **now possi**to do with bly a lot seemed to cheaper."

sell off in sympathy with the overall negative tone. These sectors are now possibly a lot cheaper than before the crisis hit and thus a great time to buy!

In my opinion, I would use any short term pullback in the market like the pullback just experienced from the Dubai debt issue as a buying opportunity. A small correction like this should always be anticipated. If you own good quality investments, your portfolio should be able to withstand these short term blips on its way to bigger gains in the future!

Allan Small can be reached at asmall@dundeesecurities.com The views expressed are not necessarily those of Dundee Securities



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business **15**

Your Money

Cross-border bargains?



fter eyeing my daughter's Mac with envy for the past year, I decided to buy one of Mr. Job's fun ma-chines. But once I crunched the numbers it cost me \$82 less to buy it here than in the U.S.

Still, countless Canadians stampeded south this past weekend as U.S. retailers hacked at prices like gladiators determined to be the last man standing. Bargains do abound for canny shoppers but you have to know your prices, do some research and be disciplined.

For example, on Black Friday last week, Best Buy

a door buster price of \$999 US on a Samsung 46" LCD HDTV. Nice. In Canada the best price I could find was \$1,399 US -- \$1,581 Cdn after taxes.

Let's assume you were tempted by the siren call of deep discounts in the States and bought that TV. landed-in-Canada price ends up at \$1,342 Cdn including GST, exchange, gas, tolls and lunch. (There's no duty on this TV but you'd pay three per cent to five per cent if it had been a plasma model.) That's a savings of \$239, give or take. Not bad. But the price assumes you got the door crasher special which was limited to lucky ticket holders.

Many cross-border shoppers fall victim to impulse. "I drove all this way so I can't go back home with just a pair of socks!" Impulse is deadly if you don't know your tariffs. Clothing made out-



Canny shoppers can find bargains in the U.S. but you have to know your prices and what duties you would have to pay.

side the US is subject to as much as 20 per cent duty. Ouch! Downhill ski boots can come home duty free but cross country ski boots could set you back 18 per cent depending on where they were made.

Check with customs at 1-800-461-9999 for tariff

rates and don't forget that you pay GST on all goods after duty has been applied and it is based on the value of the item in Canadian dollars.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

HISAVE Savings Account



Donating shares directly to charity has triple benefit



I would like to make a donation this holiday season. Is it more advan-tageous to sell shares and use the funds to make a donation or donate the shares directly to charity? How much capital gains tax will I pay?

Many Canadian charitable organizations have reported a decline in 2009 donations. Your contributions would be welcome

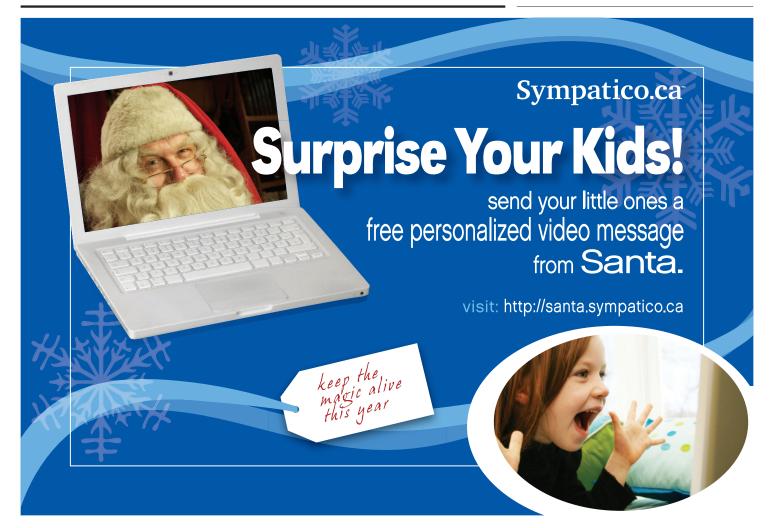
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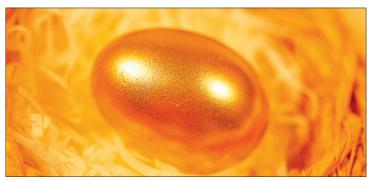
Sell shares and donate the money: You will re-ceive a 15 per cent tax credit on the first \$200 and 29 per cent on the amounts above that. The sale of shares will be subject to tax on 50 per cent of the capital gain.

Donate shares directly to charity: The 2006 federal budget eliminated the income-inclusion rate for donations of listed publicly traded shares and therefore your capital gains and tax is nil. Additionally, you can also claim the tax cred-

This is a triple benefit. You pay no tax on the appreciated value of your shares, get a tax credit and give to a good cause.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca.





Don't put all of your investing eggs in one basket, experts at RBC advise.

'It all starts with you'

for Metro Canada

A sculptor would never enter the workshop without the right tools, and neither should a determined

online investor hoping to sculpt a financial future. For people who want to take personal command of their investments, direct

investing online can be

more rewarding than traditional investing; RBC Direct Investing provides an unparalleled collection of tools to help you succeed. One of the most crucial

features of any powerful portfolio is the right mix of different asset types to ensure a healthy, diverse portfolio.

Jason Storsley, president and CEO of RBC Direct Investing, says the fundamental starting point for any investor is to figure out what type of asset mix is right for him or her.

"You don't want to put all your eggs in one basket, so understanding what your asset mix should be is the starting point for any level of investor," he said.

RBC's asset mix calculator, available to RBC direct investors, takes the guesswork out of building an asset mix by taking into account each investor's individual needs and suggesting a specific investment profile tailored to that investor. It all begins with gauging for yourself what your needs and limits are, to understand what kind of investor you will be.

"If you're building a healthy portfolio that's going to help you meet your investment objectives, it all starts with you — you have to understand something about yourself and your level of risk tolerance," Storsley said.

Aggressive investors will likely keep less of their money in cash and bonds and more in equities, while passive investors will probably go the opposite route, for instance. No matter what your profile, however, RBC's asset mix calculator will make expert-vetted suggestions to guide you on the right path for your needs.

Once you've chosen an asset mix, building your portfolio can feel like a daunting next step. With thousands of mutual funds in the market, you'll need some expert advice to figure out which options work best for you — that's where RBC's model portfolios prove an invaluable resource

RBC model portfolios are pre-selected by RBC experts and investment advisers to already provide a fully diversified, packaged portfolio for a variety of investment and investor types. Each portfolio includes a potential mix of stocks,

On the web

• For more on RBC Direct Investing, log on to rbcdirect-investing.com.

mutual funds, bonds, equities and other elements carefully suited to a specific investment goal, taking the confusion out of trying to build a solid portfolio.

Each model portfolio is fully customizable as well so you can swap out any elements you like with your own well-researched choices if you wish — you're not tied down to any specific part of a model portfolio and you remain in full control of any and all parts of your investment process.

"You can take our recommendation in full or in part — we won't tell you what to do but we will put options in front of you," Storsley said.

The RBC Direct Investing site includes a wealth of investment research pulled from top investment advice houses like Standard & Poor's, Morningstar and RBC Capital Markets, making it easy to keep up with market changes and top investment strategies.

For more hands-off investors, RBC Direct Investing offers the option of setting up email alerts to notify you when things happen in the market. Perhaps you want to know when a particular stock drops to a certain price. You can also keep multiple watch lists for stocks with up to 30 stocks per list so you can be informed in a single click about what the segment of the market you're interested in looks like.

"You don't have to sign into the site every day as you can set it up to get an email when a specific event occurs. We have a lot of clients saying they don't want to have to monitor things constantly and we try to make it as easy as possible for you to monitor your investments," Storsley said.

With RBC Direct Investing, it's all about taking the micro-management out of online investing by providing the tools to make successful investing possible.

cessful investing possible. "You don't have to micro-manage your decisions to be successful because regardless of your investment knowledge, we've got the right tools for you," Storsley said.

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"You don't want to put all your eggs in one basket, so understanding what your asset mix should be is the starting point for any level of investor."

Jason Storsley



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18



Notre Dame fired football coach Charlie Weis, left, yesterday after a string of disappointing seasons that was capped by an agonizing four-game losing streak. Notre Dame will be looking for its fifth coach this decade. THE ASSOCIATED PRESS

Sports



Are Habs Canada's team?

Canada's oldest hockey team is also this country's most revered, according to a new poll released yesterday in celebration of the Montreal Canadiens' 100th anniversary. One-third of respondents named the Habs when asked to identify "Canada's team," compared with one-quarter, who said the same for their archrival Toronto Maple Leafs. THE CANADIAN PRESS

Rider fans give team a rousing welcome

REGINA Rider pride was bruised, but still very much yesterday alive Saskatchewan football fans welcomed their team home following a stunning Grey Cup 28-27 loss to the Montreal Alouettes.

More than 800 fans clad in green and white waited under grey skies for the Roughriders to appear at Mosaic Stadium in Regina. They waved signs that said "Win or Lose Always No. 1 in our Hearts" and cheered wildly as the players made a brief appearance.

"Aw, man, I just can't put into words how much this means to me and this team for the support that you

Record ratings

- A record TV audience watched the Saskatchewan Roughriders blow the Grey
- Citing preliminary figures, TSN says a combined 6.1 million viewers on TSN and its sister French station RDS watched the game.

guys have shown today," quarterback Darian Durant told the crowd.

"I was always told that success is a journey not a destination and we're well on our way," he said in a brief speech. "You better believe that we'll be back next

year and the year after and the year after. We're here for the long run and get used to seeing the green and white at Grey Cups every year.'

The notoriously rabid Rider fans erupted into cheers. It was a similar scene to one played out at Mosaic Stadium after Saskatchewan won the Grey Cup in 2007.

Durant told reporters afterwards that the fan support was overwhelming.

"I didn't expect this at all," he said. "I remember how it was when we won in '07 and this is the same thing so it's a great, great thing.

THE CANADIAN PRESS



Calgary Flames left wing Nigel Dawes scores a goal against Nashville Predators goalie Pekka Rinne

Kipper ices Preds SCOREBOARD Indiana at Golden State

NHL

Flames 5 Predators 0

Miikka Kiprusoff stopped

22 shots for his second

shutout in a row, and

last night.

Jarome Iginla and Curtis

Second shutout in a row for Flames goalie

YESTERDAY'S RESULTS
CALGARY 5 Nashville 0
Buffalo 3 Toronto 0
Atlanta 4 Florida 3

YESTERDAY'S RESULTS
Dallas 104 Philadelphia 102

Milwaukee 99 Chicago 97 Utah 120 Memphis 93

YESTERDAY'S RESULTS Irleans 38 New England 17

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Game notes

Pekka Rinne and Miikka Kiprusoff are both in the running to be the starting goaltender for Finland's Olympic team.

 Nigel Dawes has goals in his last four games, a career

Glencross each had a goal riod, the Flames broke the and an assist as the deadlock 1:32 into the sec-Calgary Flames beat the ond. Moss took control of the puck in the neutral Nashville Predators 5-0 zone and skated in on a breakaway, beating Preda-It was the third shutout of the season for Kiprusoff, tors goaltender who also blanked Detroit 3-Rinne to his right with a 0 on Friday night. He has backhanded shot.

33 shutouts in his career. Dawes struck on the David Moss, Nigel Dawes power play a little over Adam Pardy also three minutes later. Iginla scored for Calgary, which passed the puck from the won its fourth in a row and right side along the extended goal-line. Dawes, stathird straight on the road. tioned in front of the

crease, took a couple of swipes at it before putting it past Rinne, again to his

Notre Dame sacks coach

right side. At 8:09 of the third peri-

od the Flames struck again as Pardy blasted a shot from the top of the slot that beat Rinne high to his

Glencross scored a shorthanded goal at 16:01, finding the open net as the Predators pulled Rinne.

Iginla scored on the power play 2:52 later to close out the scoring.

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Sports in brief

NHL Washington Capitals star Alex Ovechkin left last night's game at Carolina in the opening period with an apparent right knee injury. A spokesman for the Capitals said Ovechkin's injury would be evaluated overnight and any further information from the team would come today.

TENNIS Serena Williams was fined a record \$82,500 US for her U.S. Open tirade and could be suspended from that tournament if she has another "major offence" at any Grand Slam in the next two years. **BASEBALL** Indians centre-field

er Grady Sizemore has contacted investigators from Major League Baseball to stop publication of steamy photographs that he says were stolen from his girlfriend's email account and then posted online

NBA Allen Iverson and the Philadelphia 76ers have met to discuss a possible return to the team. Team president Ed Stefanski said in a statement that both parties remain noncommittal about a final decision after a nearly two-hour meeting yesterday in Dallas.

THE ASSOCIATED PRESS

ADVICE ON H1N1 FLU (SWINE FLU) FOR PEOPLE WITH ASTHMA OR COPD



If you have asthma or COPD (emphysema or chronic bronchitis), you're more likely to get severe symptoms of H1N1 flu. You're also more likely to need hospital care. H1N1 flu can make your asthma or COPD symptoms much worse.

Because you're at higher risk from H1N1 flu, you should take these extra steps to protect yourself:

- 1. Get the H1N1 pandemic flu shot and the seasonal flu shot. And make sure your pneumonia shot is up to date.
- 2. Wash your hands often and avoid touching your face.
- 3. Make sure your asthma or COPD symptoms are under control.
- **4.** Follow your asthma or COPD action plan written instructions from your doctor that explain what to do if your symptoms get worse.
- **5.** Take your medicines as prescribed by your doctor.
- 6. Have an extra supply of your asthma or COPD medicines on hand.
- 7. If you have flu symptoms, call your doctor right away to find out if you need flu medicine (an antiviral). If your breathing gets worse, get emergency help.

For more information please visit www.lung.ca.

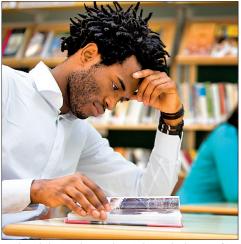


a special feature that focuses on education and student life.

Learning Curve

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA@METRONEWS CA

Go back to basics when studying



Divide each day into three study periods to make the most of it.

LEYLA EMORY

When studying for exams, it's not a bad idea to refer back to the old lesson of 'Who, What, Where, When and Why.'

Start with the 'what:' "Students should be as informed about the exam they are about to write as possible," says Dr. Nellie Perret, learning skills counsellor/educator at the University of Toronto's Academic Success Centre. "Find out whether it's a multiple-choice, short answer, essay or problem-solving exam; ask how many questions there will be and how much they'll be worth; use old exams as 'maps' to

tell what the professor expects at the end of term."

When to study is also key: "It's important for students to know their own best — and worst — times for studying. If they're always studying Calculus, for example, late at night when they're too tired to really understand the concepts, then the odds are pretty good that they're not going to do well on their Calculus final."

She recommends dividing each day during exam time into three study periods: Morning, afternoon and night, and varying subjects day to day within each of those periods.

Where to study is also

Where to study is also important.

"Move locations between

lunch and dinner. If nothing else, this gives students a break, a chance to walk from one place to another, getting some exercise and fresh air, reminding them to grab something to eat, and allowing their brains to make sense of what they've been studying."

Who you study with is also key.

"I strongly advise students to try to find people to study with. This allows them to exchange information. It will help them identify gaps in their knowledge so they can study more efficiently when they're on their own. Studying with other people, as long as it doesn't turn into a total gripe session, can also be a great

way to blow off steam.

And never forget why:
"It's really important for
students to remember that
tests and exams should be
a way for them to discover
whether they've been
learning what the professor thinks is important.
This is especially true for
midterms: They're an opportunity to evaluate
whether or not a student is
getting it. If the results of
the test are disappointing,
a mid-term can serve as a
wake-up call, telling them
to adjust their learning
strategies accordingly."

Perret recommends taking advantage of the schools learning skills centre, many of which offer courses on how to best prepare for exams.

Haskayne professor explores Winter Games in podcasts

MICHELLE LINDSTROM for Metro Calgary

Vancouver is in the midst

Vancouver is in the midst of major host preparations for the 2010 Olympic and Paralympic Winter Games, but is it all worth it?

That's the question Simon Hudson, tourism and marketing professor at Haskayne School of Business, asked and answered for the Vancouver Organizing Committee (VANOC).

VANOC spearheaded a project called Intellectual Muscle: University Dialogues for the 2010 Games in Vancouver, which invited intellectuals from 25 Canadian universities to choose their own topic—somehow related to sport, culture and sustainability

— then record a podcast approximately 20 minutes long.

Hudson, an accomplished winter sports and tourism novelist and speaker, says he constantly counters the argument, "What a waste of money," from people in regards to Olympic city host bids and winning city planned infrastructure.

Don Black, VANOC director of education programs, explains via email that the Intellectual Muscle idea goes right back to the time of the bid.

"We wanted to provide a national forum that would enable the public to engage intellectually with some of the major topics related to the Olympic and Paralympic Games...," he says.



 $The \ Olympic \ Games \ mascots, from \ left: \ Quatchi, \ Miga \ and \ Sumi. \ The \ Games \ start \ on \ Feb. \ \bf 12, \ 2010.$

Although unsure how many people actually know about the project, Hudson likes the idea. "I think it's getting international exposure and that's what the idea was: To raise the profile of what research is being done in Canadian universities and

the intellectual muscle we have here," Hudson says.

He credits the University of Calgary for a great job done on the local front promoting him and the program when his podcast went public Oct. 12. The first podcast of the series was posted Oct. 8 and

more are to come.

Two English-language podcasts will be released every Tuesday and Thursday until mid-January; the French-language podcasts will be released as of tomorrow, Black says.

Some special feature, English-spoken podcasts

#55

will continue up until the Olympics start.

Approximately 23 English and eight French podcasts will complete the series.

"The difference in the number of podcasts reflects the difference in the number of English and French language universities in Canada," says Black.

There's a good variety of Olympic-related topics posted, Hudson says, ranging from environmental issues to drugs, and he plans to write a paper based on all the material he gathered to produce the Intellectual Muscle recording.

All English podcasts can be found at theglobeandmail.com/intellectual-muscle and the French ones at vancouver2010.com/edu.

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a special feature that focuses on education and student life.

Bow Valley offering free workshops

MICHELLE LINDSTROM for Metro Calgary

Wednesday mornings can include more than a midweek hump, especially if you're looking for a new career.

Bow Valley College, located at 332 6 Ave. S.E., offers Career Exploration Workshops every Wednesday from 10 a.m. to 11:30 a.m. for those interested in free advice about their curplans. Bow Valley career adviser Arlayna Alcock says the atmosphere at the workshops is relaxed and can be as open or private as drop-in clients want the experience to be.

Many people just want validation for a program they plan on signing up for," she says. "They feel relieved after talking about what they want to do."

Alcock also helps people who don't know which di-

another career adviser speak with each workshop attendee to determine why certain careers are being considered, then them a brief personality assessment to determine the person's skills, values and interests.

But it doesn't stop there. Bow Valley pays to be a part of careercruising.com, which Alcock says is a great tool to help define suitable careers for everymay spend more than an hour with each person, taking some to the registrar's office at the end of the workshop and setting up another time to talk with others if more help or privacy is needed.

The main purpose of the Wednesday sessions is to help everyone choose a program best suited for him or her rather than giving in to outside pressures.

Alcock explains that

supply of nurses in Alberta, program enrolment skyrocketed.

"People (enroll) because it's in high demand," she explains.

But, that's exactly what she wants to deter people away from doing and instead help them be more successful in school and in their best-fit careers.

The Career Exploration Workshops started in June and although Alcock says

maximum capacity of 15 drop-ins yet, she suggests calling 403-410-1742 to check availability.

"We'd hate to turn anyone away."

Alcock can be found

every Wednesday morning for the Workshops at the Bow Valley's Main Campus in Room 428.

For more information call BVCWorks at 403-410-3215 or email bvcworks@bowvalleycollege.ca.

Mount's holiday concert a hit

MICHELLE LINDSTROM for Metro Calgary

Meshing four choirs, one orchestra and the Heebeejeebees into one evening is a tradition many Calgarians look forward to at Christmas time.

On Dec. 11, Christmas in Song will fill the Epcor Centre for the Performing Arts in Jack Singer Concert Hall with song and music from the Mount Royal Conservatory's Arietta, Arioso, Mount Royal Youth and Kantorei choirs, accompanied by Mount Royal Calgary Youth Orchestra.

"It is a very family fo-cused, holiday and festive celebration," James Bailey, Mount Royal Conservatory marketing and communi-cations consultant, says, adding there will be audience sing-alongs, traditional carols and light classical favourites from the orchestra. Members within the performing choirs take non-credit classes at the conservatory and range in age from six to 70. Some have never performed on stage before, while some are too young to even read lyrics. But each year they come through with help from



Christmas in Song will feature four choirs from the Mount Royal Conservatory.

parent, choir-member and university staff volunteers, filling 1,700 Jack Singer seats in '08 with the same

expected this year.
"A key part of getting an education in music training is having the opportunity to perform," says Bailey. He says Christmas in Song is the biggest annual choir performance, drawing in a more diverse audience than their other

events do. "Santa Claus could walk in but you wouldn't even see him because you're so entranced with my eyes," Angie McGillivray, director of the conservatory's Arietta Children's Choir, ages six to 10, and Arioso Children's Choir, ages 10 to 15, tells her young perform-

She tests them periodically with distractions at rehearsals before performance day. McGillivray explains the difficulty of maintaining her youngest members' attention; all they want to do is wave to Mom and Dad. Rather than fight the inevitable, she takes a moment at the beginning of the Christmas show to let kids seek out their family in the audience, wave like mad, then get consumed by her eyes.

She too sang and grew up in the conservatory's choirs years ago, and says things have come full circle with her choral directing position.

Some members of the Canadian a cappella group, Heebee-jeebees, also took conservatory classes before forming their group. The four men return as Christmas in Song's emcees "taking the Weird Al Yankovic approach to Christmas," says Bailey.

For more, go to mtroyal.ca/christmas.

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* Completion of a BScN degree is required to write the Canadian Registered Nurse Examination

ucalgary.ca/nativecr

Tuesday, December 1, 2009

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Health & Beauty

The problems with plan B

HIV/AIDS drugs aren't the safety net young people think they are



Message to young, sexually-active people: Don't get lax about HIV/AIDS. Although it doesn't kill as quickly as it used to, it'll hasten illness and aging. "For the young, active

person in a large urban centre, the disease is still out there and still growing," says Dr. Ann Stewart, medical director of Casey House in Toronto. "There's a common perception among the younger crowd that if they get it they'll go on meds. Yes, the medications are miraculous and they've brought people back from

the brink. But they have complications. It is still a big experiment."

Someone who is HIV positive and has been on a drug cocktail for 10-15 years may develop complications of aging similar to a person over age 65, says Stewart. This phenomenon is known as "the greying of HIV/AIDS."

Before the advent of anti-retroviral drug cock-tails, people who devel-oped HIV/AIDS were often dead within 10 years, she says. Nowadays they can live more than twice that long. Indeed, some of the earliest HIV/AIDS patients from the early 1980s are still alive.

"There's a common perception among the younger crowd that if they get (HIV/AIDS) they'll go on meds. Yes, the medications are miraculous and they've brought people back from the brink. But they have complications. It is still a big experiment."

Dr. Ann Stewart, medical director, Casey House

"They can survive the opportunistic infections, wasting, and pneumonia associated with AIDS, but they are at higher risk for other chronic illnesses such as cardiovascular disease, high cholesterol, diabetes, and lung cancer," says Stewart.

Other diseases that occur earlier in the HIV/AIDS

ferent cancers, kidney disease, osteoarthritis, chronic pain, dementia and depression. The medications are a blessing and a curse, she says, because people on drug cocktails living with HIV/AIDS get more illnesses and therefore need more medications to treat the subsequent ill-nesses. "The number of pills creeps up and up," says Stewart.

A huge majority of Canadians living with HIV (81.8 per cent) live in Ontario, Quebec and British Columbia. Nearly half (44 per cent) of all cases are in On-tario. Quebec accounts for 22.5 per cent of cases; 20 per cent are from B.C. and 1.1 per cent are from Nova



paign at Nal Sarovar bird sanctuary, about 75 kilometres from Ahmadabad, India. World AIDS day will be marked today to increase awareness of the sexually transmitted, fatal disease

Scotia. Heavier rates of infection are now being seen in Aboriginal peo-

It's not safe to think of HIV/AIDS as the "gay man's disease." Now, almost one third of new cases are in people who acquired the virus through heterosexual sex, according to a spokesperson from Casey House. Women account for about

a quarter of all cases. And remember: a quarter of people who are HIV positive don't know they have it, meaning that they could unknowingly transmit it.

"This is not a disease you want to get. Practice safe sex by using a condom and always ask your partner whether they have been exposed," sug-

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Sun, snowbirds and HIV



ew research out of the University of Waterloo indicates that Canadian snowbirds may be doing more than playing canasta when they winter in Florida.

Speaking at a recent AIDS conference in Toronto, gerontology researcher Katie Mairs said that people aged 50 and over account for a growing percentage of HIV cases in Florida, yet few older Canadians who winter in the state take precautions against sexually transmitted

I'm not so surprised. This is a generation that didn't grow up with AIDS. They weren't raised on safer sex messages and probably never rolled a condom onto a banana in their lives.

Yet, here you've got a bunch of retired folks many of whom are divorced or widowed, and therefore single — with plenty of time on their hands, hanging out with each other in the Florida sunshine. They don't call them "active" retirement communities for nothing.

Unfortunately, in large part because our society prefers to think sexuality drops off the face of the earth the moment you get a grey hair, the problem isn't getting addressed.

Research has shown that safer sex education works best when targeted to specific at-risk populations. And even then, the results aren't that great. According to a 2005 Canadian Community Health Survey, condom use among those aged 20-24 averages about 50-60 percent. And they've no doubt been rolling condoms onto bananas since puberty.

To address rising HIV rates among the elderly, we need to start by first admitting old people have sex and may even be having it with multiple partners, as the University of Waterloo research indicates. Then we need to start talking to them. Sex educators I know are trying to make inroads to these communities and some administrators in seniors' homes and retirement communities are starting to recognize and address the issue.

But they still face resistance, both from administrations who don't want to accept, much less address, the fact that their residents might be sexual; and from family members who'd rather not think about whether grandma or grand-pa are still doing it, thank you very much.

Josey Vogels is a sex and relationship colum-nist and author of five books on the subjects. For more info, visit joseyvogels.com.

Leggo my Eggo Where have all the waffles gone? Eggos, the frozen waffle made by Kellogg, will be in short supply until the middle of 2010, it says. That's led to a mock mini-crisis in the United States, including the auction of frozen waffles on eBay. TORSTAR NEWS SERVICES

Food



'Cuttina' to the chase

The newest memoir from Julie & Julia author Julie Powell hits book stores today. Cleaving: A Story of Marriage, Meat, and Obsession is Powell's account of a twoyear extramarital affair she embarked on, its fallout and how she seeks refuge from it all by first becoming a butcher's apprentice and then searching out fellow butchers around the world. Full of culinary metaphors, the book shows how one woman's meat can sometimes be another's therapy. Cleaving is available at Chapters and Indigo stores across Canada for \$29.99. METRO NEWS S

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA



After-dinner sippers

much as I hate assigning a style of wine to a certain period with winter proaching we have officially entered the season where port really shines.

Historically misunderstood thanks to the use and abuse of the name port by just about every country on Earth (including Canada); the real deal (which only comes from Portugal) makes for a warming after-dinner sipper and a great match with fruit, chocolate and cheese (especially blue varieties like stilton).

Made by introducing grape spirit to fermenting juice, port is typically sweet and is, for the most part, labeled by age. The most famous are vintage ports, but they're not meant for immediate drinking.

light on wines like Taylor Fladgate's 1997 Late Bottled Vintage Port (\$24.29 - \$26.01) which offers balanced flavours of ripe plum, nuts and caramel and is good to go riaht now.

That's put the spot-

Grub to warm guests' bellies

Brown Sugar and Chili Spiced Nuts

MAKES 4 CUPS PREP TIME: 5 MINUTES COOKING TIME: 25 MINUTES RECIPE DEVELOPER: PAULA BOWMAN

INGREDIENTS:

- 1 large egg white
- 1 tsp chili powder
- 1 tsp kosher salt
- 1/2 cup of brown sugar
- 1/2 tsp cayenne powder
- 1/2 tsp ground cinnamon
- 4 cups mixed nuts (pecans, walnuts, blanched almonds and/or cashews)

METHOD:

- 1. Preheat oven to 325F. Line a rimmed sheet pan with parchment paper and
- 2. Whisk egg white in a large bowl until frothy. Add chili powder, salt, cayenne and cinnamon and whisk until blended. Add nuts to bowl and stir well to thoroughly coat. Add sugar and toss until well combined. Transfer mixture to prepared sheet pan and bake in oven, stirring once, until golden brown and nuts are toasted and crispy, about 25 minutes. Let cool slightly before serving. Tightly sealed, nuts will keep for 1 week at room temperature.

Braised Chicken with Figs and Olives SERVES 4

PREP TIME: 10 MINUTES COOKING TIME: 30 MINUTES RECIPE DEVELOPER: PAULA BOWMAN

INGREDIENTS:

 8 bone-in chicken thighs, skin on (about 3 lbs). (drumsticks will also work)



Braised chicken with figs and olives.

- 1 Tbsp olive oil
- 1/2 cup diced white onion
- 1/4 cup white wine, or
- 1 1/4 cups sodium
- reduced chicken broth
- 4 fresh figs, quartered1/4 cup small green olives • 1 cup uncooked orzo pas-
- 1 Tbsp unsalted butter1 Tbsp finely chopped fresh parsley
- 1 tsp honey

1. Rinse chicken, pat dry with paper towels and season with salt and pepper. Heat oil in a large heavy bottomed skillet over medium-high heat. Working in batches, if necessary, add chicken and sear on all sides until golden brown, about 6 minutes. Remove chicken from skillet and pour off all but one tablespoon of fat from the pan. Return pan to stove set over medium heat, add onion and cook until starting to soften, about two minutes Add wine, stirring to scrape

Holiday tips

 Check out the online Christmas Guide on 20minutesupperclub.com recipe ideas and tips for holiday hosting.

any flavourful brown bits from the bottom of the pan, cook until wine is mostly reduced. Add chicken broth and return chicken to pan, skin sides up. Simmer set over medium-low heat, loosely covered until chicken is cooked through and sauce is slightly reduced, about 20 minutes. Add figs and olives let rest until figs are tender, about 3 minutes.

- 2. Meanwhile, cook orzo according to package in-structions, in a pot of boiling salted water until al dente. Drain pasta, toss in butter and season with salt and pepper; set aside.
- 3. Transfer chicken to a serving dish, stir parsley and honey into sauce remaining in pan over medi-

um heat and pour over Serve chicken alongside buttered orzo



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Susan Boyle's | Dreamed A Dream is the fastest-selling U.K. debut album of all time, with 411,820 copies moving in its first week. The album is also projected to go No. 1 this week in the U.S., Canada, New Zealand, Ireland and Australia. METRO NEWS SERVICES

Entertainment

Hoff hurt?

Boyle tops the charts

David Hasselhoff has been released from hospital. The star was admit Center on Friday after allegedly suffering a seizure. FEMALEFIRST.CO.UK

The spirit of Jacksoul

Haydain Neale worked on new album while fighting cancer

GRAHAM ROCKINGHAM for Metro Canada

Last May, after months of rehabilitation from a lifethreatening head injury suffered in a traffic collision, Haydain Neale decided he was well enough to return to the recording studio. It was time to make another Jacksoul record.

Neale still had difficulty singing, but he had recorded some demo tracks of new songs shortly before being struck by a car on Aug. 3, 2007, while driving his Vespa scooter on a Toronto street.

Neale reviewed the tapes. His voice was solid. There was more than enough

there to make a CD.

Neale assembled his bandmates in a Toronto studio, selected the 10 best songs and started building full album tracks around the vocal demos. Things came a little bit slower than before the accident, but he was in control, orchestrating every step of the production.

But it wasn't long into those sessions that Neale was diagnosed with lung cancer. It was a stunning blow, coming to someone who had already persevered through so much. And it seemed so unjust. He wasn't a smoker, according to friends, not even a drinker.

Neale chose to keep the diagnosis private and focus instead on the music. Only

a few close friends and family were told, as the band continued working in the studio.

"It was definitely emo-tional," recalls keyboard player Ron Lopata. "We were brothers. We've been through a lot together. We've been on the road together. We've shared buses. We were a very close group of friends."

Last month, Jacksoul's record label (Sony Music Canada) announced the album, SOULmate, would be released today.

Fans, unaware of the diagnosis. were cancer buoyed by the news.

Neale lived long enough to see the record to completion. But he died Nov. 22 in Toronto's Mount Sinai Hospital at 39, just 10 days before SOULmate's release.

Lopata — credited with Neale as co-producer of SOULmate — said he under-stood the singer's decision to keep his cancer private.

"Haydain's outlook was always positive," Lopata said. "He always felt 'I'm going to continue, I'm going to make music for as long as I can do it. I'm going to put my heart and soul into it ...

"I think it was a matter that he didn't want (the cancer) to be a focus for anyone. He was always on the route for getting better and that was the focus.

The first single off the album is called Lonesome Highway. It was written before the scooter accident but eerily foretells of



Haydain Neale died last week in Toronto, but not before he and his band Jacksoul finished work on SOULmate, which is out today.

Neale's future struggles.

'You're going to hear a lot of amazing songs that now have more meaning than they did before," Lopata said. "You'll listen

to it and say. 'Unbelievable, it's just like he's a fortune teller

Proceeds from the album go to the Haydain Neale Family Trust.

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critics'corner_

Nureyev
If anyone ever asked Rudolf
Nureyev, "So you think you
can dance?" it's obvious what
the answer would have been.
Nico Archambault, season one
winner of "So You Think You
Can Dance Canada," steps
itto the ablet leagenf's stipners. Can Dance Canada," steps into the ballet legend's slippers for this film, which recounts Nureyev's life through dance. Greta Hodgkinson, prima balerina with the National Ballet of Canada, plays Nureyev's longtime dance partner and friend, Margot Fonteyn. 7 PM on BRAVO



Freddie Mercury: A Kind of

Freddie Mercury was one of a kind, and this documentary captures the life and career of the Queen frontman, who died in 1991 of AIDS-related pneumonia. Known for his flamboyant onstage persona, he was the subject of plenty of rumors about his private life. 6 PM on BRAVO

This case hits close to home, but This case hits close to home, but they'll have to go far from home to solve it. When an NCIS agent is killed, Gilbbs and company venture into the desert in search of a woman who holds the key to finding the killer in "South by Southwest." 9 PM on CICT KREM

DVD picks

Terminator Salvation

Director: McG WHO'D EVER have guessed that we'd be missing the thespian nu-



Arnold Schwarzenegger or complaining about the coldness of a robot movie?

Terminator Salvation sadly lacks not only The Guvernator in his iconic role but also the humour and warmth that made earlier instalments (especially the first two) a genuine pleasure.

This one is more of a chore, and the story has become needlessly complicated. Set in 2018, just as machine overlord Skynet is wrapping up its job of subjugating humanity, it stars Christian Bale as John Connor, leader of the human insurgency against the robots. Bale attempts to impart the same sandpaper gravitas of his Batman character, but it's not as successful here.

Director McG is out of his depth, but he and his designers do bring a grim reality to bear — the blood-red eyes of the film's robots could haunt your nightmares.

Peter Howell/for Metro Canada

Witherspoon and Gyllenhaal still together

Despite reports to the contrary, Reese Witherspoon and Jake Gyllenhaal are still very much a couple, according to their reps. Although a source close to the couple says their relationship has ended, people.com reports. METRO NEWS SERVICES



entertainment 25

Celebrity Buzz

Gervais robbed of \$400,000 in cash

POOR RICKY Fraudsters stole more than \$400,000 from Ricky Gervais using a photo of his Office character, femalefirst.co.uk reports. The funnyman has revealed criminals took the huge amount of money from

his bank account and tried to buy gold with it. METRO NEWS SERVICES

Rihanna giving dad cold shoulder

FAME WILL DO THAT TO YOU Rihanna's estranged father, Ronald Fenty, is looking to reconnect with his famous daughter, espe cially now that her ordeal

with Chris Brown is over. "I leave messages for her but I never hear back," Fentv savs. METRO NEWS SERVICES

Michael Lohan is alive

HAS NO SOUL LEFT Michael Lohan doesn't exactly have a history of verbal restraint, so when a Twitter account named @themichaellohan began writing snippets about family drama and wanting to jump off of the Brooklyn entertainment bloggers across the web figured it was the deal, real popeater.com re-Thankfully, it

seems the Tweets - like the one that read: "fiance just left me. my family hates me, spent Thanksgiving with my mom i iust cant do any of this any more"

ther of Lindsay Lohan is still with us, the website adds, Gossip blog Shabooty quickly cleared everything up, as they purportedly received an email from a very alive Michael Lohan disputing Twitter the posts.

"This is not not not me. I do not have and never had a twitter and twitter's coroffice porate confirms Lohan that." allegedly wrote to the gossip site.

were all bogus, and the fa-

METRO NEWS SERVICE

McGregor fine if kids see nudity

IT'S NOT LIKE THAT Ewan Mc-Gregor isn't embarrassed about his children seeing his nude scenes femalefirst.co.uk reports. The actor — who has stripped in many of his movies, including Trainspotting — insists he will happily show all of his movies to Clara, 13, Esther, eight and adopted Jamiyan, eight, when they get older METRO NEWS

Berry cashing in on property buy

SERVICES

Halle Berry is doubling up in the property market, selling off the Hollywood hide away she bought in 2001 for more than twice what she paid for it. METRO WORLD NEWS

Celebrity tweets

Karl Rove draws the line somewhere, <mark>Benji Madde</mark>n is trying guide the English language, Demi Moore encourages older woman to think sexy, and Pink isn't sure a workout really happens if there's no one around to see it. @KarlRove it is a matter of conscience for me that I cannot wear a Snuggie. @benjaminmadden I am now Deeming the next decade the 2 10's, if it catches on you will all remember my name. If doesnt you will forget i ever twittered this @Pink when i walk in2 a hotel avm and its completely empty, it makes me sorta feel like I don't actually exist. seems really wrong. weird. METRO WORLD NEWS

Brangelina headed to split?

months, probably sooner."

WHO KNEW THERE WERE ANY UNTOLD STORIES LEFT? The days of Brangelina may be coming to an end, according to one writer who says that

a Brad Pitt and Angelina Jolie . split could be coming "within



some kind of arrangement with the kids, and everything will be very civilized. Then you're going to see unidentified friends leak stories how Angelina couldn't put up with Brad's partying and drinking and his pot smoking," Halperin, author says Brangelina: the Untold Sto ry of Brad Pitt and Angelina Jolie. METRO WORLD NEWS















Market Mall

Sunridge Mall

Calgary Deerfoot Mall Marlborough Mall Southcentre Mall

Red Deer Bower Place

Rocky View CrossIron Mills

Good call

26 entertainment



Today Sunny **-1** ^C / -8 ^C

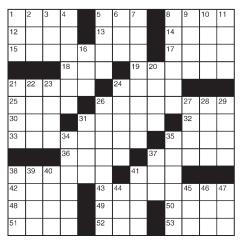


Metro Recipe of the Day



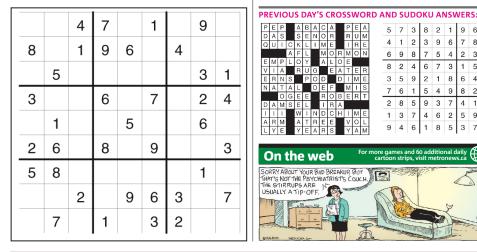
Thursday Mainly sunny -2 C / -8 C

Take Five



Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone - one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



5 Upper limb - mater 12 Concept 13 Kiwi's bygone kin 14 Bathday cake? 15 Petula Clark classic 17 Dorothy's destination 18 Acorn maker 19 Window in a roof 21 Take as one's own 24 Pop flavor 25 Mr. Crockett 26 Distinguishing trait 30 Corroded 31 Old Aegean region 32 Greet the villain 33 Price reduction

35 Chorus mem-

36 "The Audacity

37 Sweater type

On the web

ber

of -

1 Platter

38 Historical records 41 Feedbag tidbit 42 Volume 43 City building 48 Needle case 49 Leading lady? 50 Falco or Adams 51 Lairs 52 Sprinted 53 Run into 1 Accomplished

2 Altar

affirmative 3 Stitch 4 Four-poster feature 5 Out of control 6 Tier 7 Guitar's cousin 8 Religious retreat 9 Weaver's apparatus 10 Jerry Herman heroine 11 Unoriginal one 16 Make lace

20 Earthen pot 21 Partner of 49-Across 22 Information

23 Finished 24 "— talk?" 26 Shaq or Kobe,

e.g. 27 Competent 28 Campus mil. program 29 Eccentric one

31 Pedestal occupant 34 Light-colored

uniforms 35 Country song?

37 Forefront 38 Sleeping

39 Memorandum 40 Common subiect?

41 Actor Clive 44 Eggs

45 Citric cooler 46 Tell a tale 47 Allow

5 7 3 8 2 1 9 6 4

3 9 6

7 5 4

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7 8 5

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5 9 8

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4 1 2

6 9 8

3 5 9

1 3 7

4 6

6 1

8 2 4 6 7 3 1 5

2 8 5

Farfalle with Broccoli and **Anchovies**

INGREDIENTS:

14 oz (400 g) farfalle 2/3 lb (300 g) broccoli florets

1 3/4 oz (50 g) can anchovy fillets, drained 2 tbsp (25 ml) 1% milk 2 tbsp (25 ml) olive oil

4 large garlic cloves, crushed Small bunch of fresh parsley, chopped 1/4 tsp (1 ml) crushed chili

flakes 1 1/2 tbsp (20 ml) unsalted butter

To serve Grated Parmesan cheese

METHOD:

Cook pasta according to pack instructions. Remove thick stalks from broccoli florets, then slice in half or quarters for smaller florets. Add to pasta for final minute of cooking. Reserve about 6 3/4 tbsp

(100 ml) of cooking water, then drain pasta and broccoli thoroughly. 2. Meanwhile, soak

anchovies in milk 5 minutes to remove salt. Drain, then chop. 3. Heat olive oil in warm

pasta pot and add chopped anchovies, garlic, parsley and crushed chili flakes. Stir over medium heat 2 minutes.

4. Add pasta and broccoli to pot with reserved cooking water. Toss gently and season with ground black pepper. Add butter and toss until melted. Turn into warmed serving bowls and serve immediately with Parmesan cheese.

SERVES 4

rd.ca

For nutritional infor mation on this and other great recipes, go to **rd.ca** or check out Key Ingredients



Horoscopes by Sally Brompton sallybrompton.com

vears.

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES

MARCH 21-APRIL 20 What's going on in your private life is making you a little

bit jumpy, not least because you find it so hard to predict what is going to happen next.

SEPT 23-OCT 23

Something you hear in passing could benefit you enormously, but only if you have the courage to follow up what you learn with swift and direct action.

TAURUS

APRIL 21-MAY 21 Later in the month, when the Sun changes signs, you will get the chance to do something you have been waiting to do for

SCORPIO OCT 24-NOV 22

As Uranus, planet of the unexpected, turns direct in your fel-low Water sign of Pisces today there will be surprises galore – and all of them good.

GEMINI

MAY 22-JUNE 21 If ever there was a right time to impress partners and loved ones and even people in posi-tions of power that time is now

SAGITTARIUS NOV 23-DEC 21

If you need to sit down and talk through certain issues with partners and loved ones now is the time.

CANCER JUNE 22-JULY 22

You may be in inspired form, but no matter how fast your mind is working you are advised to wait a while before trying to turn ideas into reality.

CAPRICORN

DEC 22-JAN 20 You will learn something to your advantage over the next 24 hours, but it will only remain to your advantage if you keep the information to yourself.

LEO JULY 23-AUG 23

Anyone who thinks they can trick you into doing something that is not in your interests obviously does not know you too well

AQUARIUS JAN 21-FEB 18

Step back from a situation that is causing you sorrow and ask yourself how important it really is to you.

VIRGO AUG 24-SEPT 22

Too many of the people you have dealings with today will talk and talk some more with-out actually telling you much of what you need to know.

PISCES

FEB 19-MARCH 20 Uranus, planet of genius, turns direct in your sign today and that is a hugely positive omen. It will certainly open your mind to new ideas.





 (Π)

Today in history

1913: The Ford Motor Company introduces the first moving assembly line. 1919: Lady Astor becomes first female member of the

British Parliament to take her seat (she had been elected to that position on November 28).

1981: The AIDS virus is officially recognized.

1982: At the University of Utah, Barney Clark becomes the first person to receive a permanent artificial heart. 998 – Exxon announces a \$73.7 billion US deal to buy Mobil, thus creating Exxon-Mobil, the world's largest com-METRO NEWS SERVICES



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VOTE for your favourite movie from 2009. You could be seeing it FREE!

TO VOTE FOR TEXT TO 72363 (SCENE)

Transformers: Revenge of the Fallen

Star Trak

MOVIE A

MOVIE R

Star Trek MOVIE B
Harry Potter and the Half Blood Prince MOVIE C

The Hangover MOVIE D
X-Men Origin: Wolverine MOVIE E

Angels & Demons MOVIE F
District 9 MOVIE G



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AIR CANADA 🏟 VACATIONS





Punta Cana Gran Bahia Principe Punta Cana • 5★ All-Inclusive • Junior suite Jan. 5 - 12 • 1 wk.

1st passenger \$959

+Taxes & other fees

2nd passenger

+Taxes & other fees

Varadero

Sirenis La Salina Varadero Beach Resort • 4★ All-Inclusive • Standard rm. Jan. 3–24 • 1 wk.

1st passenger

2nd passenger

+Taxes & other fees

Los Cabos

Barceló Los Cabos Palace Deluxe • 5 ★ All-Inclusive • Junior suite Jan. 23 • 1 wk.

1st passenger

2nd passenger

+Taxes & other fees

Santa Clara

Sol Cayo Santa Maria • 3 1/2 H All-Inclusive • Standard rm. Jan. 6 & 13 • 1 wk.

2nd passenger

Puerto Vallarta/Riviera Nayarit

Crown Paradise Club: A Family Resort • 4 ★ All-Inclusive • Standard rm. Jan. 9-30 • 1 wk.

> 1st passenger \$1659

2nd passenger

+Taxes & other fee

Jamaica

Sunset Jamaica Grande Resort & Spa • 4★ All-Inclusive • Standard rm. Jan. 4, 11, 18 & 25 • 1 wk.

1st passenger **\$1899**

2nd passenger

Meliá Las Dunas • 4 ★ All-Inclusive • Standard rm. Jan. 6 & 13 • 1 wk.

> 1st passenger §1649

2nd passenger

+Taxes & other fees

Ixtapa/Zihuatanejo

Barceló Ixtapa Beach • 4★ All-Inclusive • Standard rm. Jan. 9, 23 & 30 • 1 wk.

1st passenger

§1849

2nd passenger

Gran Bahia Principe Jamaica • 4 1/2 ★ All-Inclusive • Junior suite Jan. 4 & 11 • 1 wk.

> 1st passenger \$2198

2nd passenger

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Cancun/Riviera Mava Occidental Grand Xcaret • 4 1/2 ★

All-Inclusive Royal Club luxury rm. Jan. 17 • 1 wk.

\$1479

+Taxes & other fees

Punta Cana Occidental Grand Punta Cana • 4★

All-Inclusive Royal Club luxury rm. Jan. 5 - 12 • 1 wk.

§1499

+Taxes & other fees (including service charges): \$304 Price based on Tues. & Wed. departures



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